

Get in shape with **SMARTSHAPE™**

Before

After (20 weeks later)



Name: Joel Pakoti

Age: 42 yrs old

	Before	After	Total Lost
Weight	105.6 Kg	87 Kg	19.5 Kg
Body Fat	37%	25%	12%
Cholesterol	8.6	4.2	4.4
Pant Size	40 cm	34 cm	6 cm

It was late September when I felt severe chest pains, heart burn and short of breath that had me realise something was not right. I made the doctors appointment to find out that I was overweight (Obese) and had a high Cholesterol reading of 8.6.

“How am I ever going to make time to lose weight and go on a diet?” I had a very busy life style and it was all overwhelming, I did not want to take tablets for the rest of my life.

Until, the 27th Oct. 2006 I met up with Tammy and Steve Bennett at the shopping centre, it was then I spoke of my health issues and there I was introduced to the “Smart Shape Program”.

The Smart Shape Program has made me accountable through monthly assessments, monitoring tools and goal setting. I have a lot to be thankful for, in the first 6 months I achieved to loose almost 20 kg, reduced my cholesterol level to 4.2 and buy a whole new wardrobe of clothes and at last I felt free from all the health issues. This was the most exciting time of my life; I felt like a new person again, my whole life style had changed.

The Smart Shape Program kept me focused on the goal; I was determined to change my whole thinking on breaking the bad habit and creating good new habits to change my life forever. Reducing my food intake, maintaining a consistent exercise program and having the right attitude kept me focused.

There is no turning back!! Life is good and stress free, I believe that this program works!

YOU have to want to make it work!

You can do it!

Make that “Life changing experience” today.